

DINNERLY



Cheesy Roast Pumpkin Risotto with Parmesan Crisps



40 minutes



2 Servings

This crowd-pleaser combines creamy risotto rice with oven-roasted pumpkin and baby spinach. Risotto loves cheese so stir in plenty, then top things off with crunchy parmesan crisps.

WHAT WE SEND

- 400g butternut pumpkin
- 5g Tuscan seasoning ¹⁷
- 100g parmesan ⁷
- 1 onion
- 2 vegetable stock cubes
- 150g arborio rice
- 50g baby spinach leaves

WHAT YOU NEED

- 1½ tbs olive oil
- 2 garlic cloves
- 625ml (2½ cups) boiling water

TOOLS

- 2 oven trays
- baking paper
- fine grater
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 720kcal, Fat 29.8g, Carbs 81.0g, Proteins 27.1g



1. Roast pumpkin

Preheat the oven to 220C. Line 2 oven trays with baking paper. Peel the **pumpkin**, cut into 2cm chunks and put on a lined tray. Drizzle with **2 tsp olive oil**, scatter over the **Tuscan seasoning**, season with **salt and pepper** and toss to coat. Roast on the upper oven shelf for 20 mins or until tender.



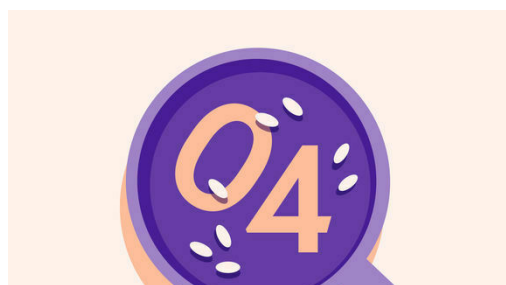
2. Make parmesan crisp

Meanwhile, finely grate **half the parmesan** evenly over the remaining lined tray (see Kitchen 101). Bake on the lower shelf for 5 mins or until golden. Cool on the tray. Finely grate the **remaining parmesan**. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. Crumble the **stock cubes** into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



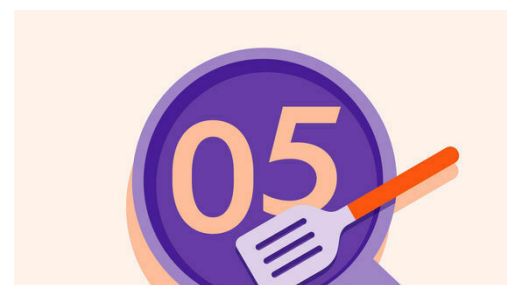
3. Start risotto

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 3 mins or until softened. Add the **rice** and cook, stirring, for 1-2 mins until the grains are well coated. Stir in the **stock** and cook, stirring occasionally, for 10 mins or until the liquid is slightly reduced.



4. Simmer risotto

Transfer **half the roast pumpkin** to a bowl and coarsely mash with a fork. Add the **mashed pumpkin** and **60ml (¼ cup) water** to the risotto and cook, stirring occasionally, for a further 10-12 mins until the rice is almost tender and the liquid is absorbed. Stir in the **spinach** until wilted, then remove the pan from the heat.



5. Serve up

Add the **grated parmesan** to the risotto and stir to combine. Taste, then season with **salt and pepper**. Break the **parmesan crisp** into large pieces. Divide the **risotto** among bowls and top with the **remaining roast pumpkin** and **parmesan crisps**. Enjoy!



6. Kitchen 101

Finely grating the parmesan directly onto the tray makes it easier to get a wafer-thin layer. Plus, it saves on washing up!